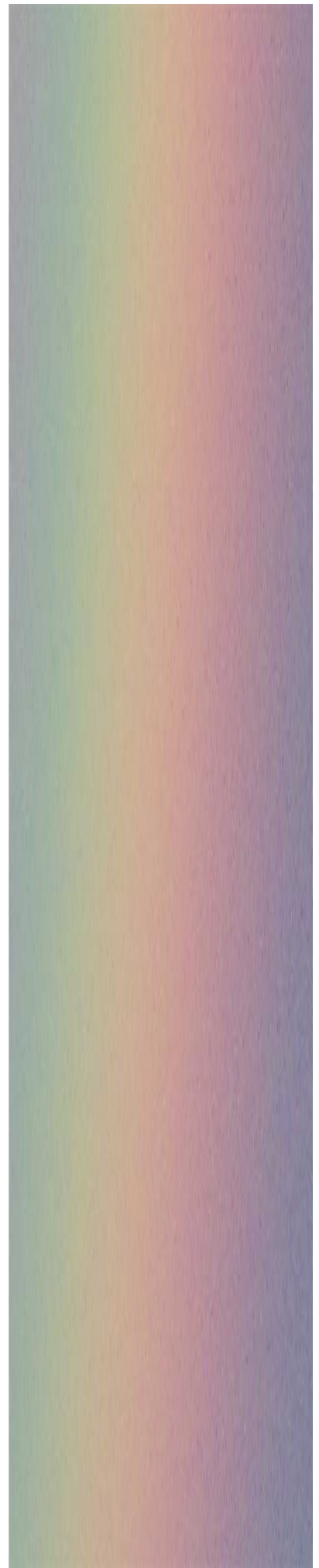




HYPNOSIS MYTHS AND MIRACLES

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Hypnosis Myths & Miracles

by Thomas McBeth, Certified Hypnotherapist

Hypnosis has been cloaked in mystery and misconception since the beginning of time. Here are some facts that you may find as fascinating as the art itself.

Myth #1: Some people cannot be hypnotized.



Truth: Hypnosis is a natural, yet altered, state of awareness. Virtually everyone can be hypnotized as long as they have a desire to do so without any fears. The key determinant factor is fear.

Removal of fear is easily accomplished by simply educating the person being hypnotized about the expectations, limitations and fallacies associated with hypnosis.

The only exceptions to this would be mentally impaired persons, such as the mentally retarded, who are almost impossible to hypnotize. But even in many of these cases, success can still be achieved by use of rapid inductions lasting only a few seconds.

Several times a day, everyone goes in and out of a light trance state, whether it's while watching television (where you spend about 2/3rds of the time in trance) or as you are driving home from work while not being aware of your surroundings, yet still arriving home safely. Hypnosis is a similar, yet controlled, state many times deeper than light trance.

Myth #2: The strong minded are not easily hypnotized.



Truth: Actually, the opposite is the truth. The more intelligent and creative a person is, the more easily they are hypnotized. Once removal of fear is established, a person's strong-minded focus or creativity can be advantageous towards the induction of the trance state.

Myth #3: Hypnosis is similar to a sleep state in which you are unconscious.



Truth: You are never “unconscious” during hypnosis. As opposed to a sleep state, you are in a *highly focused* state of mind and much more mentally alert than you are normally. You hear everything and are an active participant during hypnosis. Also unlike sleep, it isn’t even necessary to be relaxed during hypnosis.

Myth #4: While in hypnosis, you can be manipulated against your will or moral code or made to divulge personal, confidential information.



Truth: This misconception usually arises from the error in believing that the person who is hypnotized is in an unconscious state, similar to a sleep state, and not aware of what is being said. As mentioned earlier, the hypnotized person hears everything that is said and is an active participant during hypnosis.

Under hypnosis, you have complete control over what you will and will not do. Regardless of the depth of the trance, if you were asked to do something that went against your moral code, one of two things would happen. Either you would open your eyes, get up and walk out—or the act simply would not occur. There has never been a single documented case of anyone committing a crime, for example, because they were hypnotized to do so.

Ever had the experience of arriving home from work and not remembering driving through all of those traffic lights? You were in a light trance state while driving, yet somehow you made it home safely. That’s because everyone has a protector part of their being that is watching over them, keeping them safe from harm’s way while in a trance state. This same factor is protecting you during hypnosis

The following facts represent some of the more amazing, almost miraculous, aspects of hypnosis you might be interested to learn.

Miracle #1: Years ago in Soviet Russia, experiments were conducted to establish the extent to which memory could be enhanced using hypnosis. In one such experiment in the area of foreign languages, subjects were able to learn up to 150 new foreign language words in one hour. This is a feat that would normally take several days to accomplish.



Miracle #2: Perhaps one of the most notable and earliest documented cases of hypnosis being used in surgery without anesthesia was that of Dr. James Esdaile (1808-1859). As a doctor working for the British East India Co. in India, Dr. Esdaile was faced with the dilemma of having to perform major surgeries without access to any reasonably effective anesthetics.



This doctor probably performed more surgeries under hypnoanesthesia than any other physician, even to this day. Dr. Esdaile performed over 300 major surgeries, including such operations as removing grapefruit sized tumors and amputations.

During his time, the mortality rate for physicians in general for major surgeries was around 50%. In 161 documented surgeries performed by Esdaile, his mortality rate was 5%. In none of the fatal cases was death an immediate outcome of the surgery itself, but as a result of later infections.



Miracle #3: Today many major surgeries have been performed using only hypnosis without the use of anesthesia. The most common area generally thought of involves dentistry. However several other areas of note would include cancerous tumor removal, pain-free child birth, heart

surgeries such as angioplasty, hysterectomies, caesarian sections, appendectomies and knee replacements.

Miracle #4: The world is filled with many famous sports figures and celebrities that have used hypnosis to rise above the ranks. This list includes such notable sports personalities as Tiger



Woods, Jack Nicklaus, Wayne Gretsky, Arnold Palmer, Lee Trevino, Michael Jordon, Phil Jackson, Ken Norton, Rod Carew, Greg Louganis, Steve Stone, Boomer Esiason, George Foreman, Kobe Bryant and Shaquille O'Neal—to name just a few.

Wayne Gretsky used hypnosis to make the puck appear to slow down and move in slow motion. Tiger Woods used blinking twice before making his move as post-hypnotic conditioning to put him in another place where there is nothing but positive focus on the task at hand.

Other famous hypnosis adherents include America's first billionaire, Henry Ford, and his neighbor, Thomas Edison, who were both loyal practitioners. Mozart composed a famous opera while under hypnosis. Jackie Kennedy-Onassis used hypnotherapy to help her overcome the tragedy she experienced from the assassination of her husband, JFK. Kevin Costner used it to help him overcome sea sickness during filming of the movie *Waterworld* in Hawaii.

Miracle #5: Each human being is as individual as a snowflake, though



infinitely more complex. Each of us experiences life differently from the next person and must deal with the unique

contents of our subconscious mind that we carry with us from moment to moment in our daily lives.

Hypnosis has stood the test of time in many different areas of life: weight loss, performance improvement, stopping bad habits, resolving past life issues, and much more. No matter what life issue or burden you are carrying, it is likely that the power of hypnosis can assist you in making your life less stressful and more joyous, harmonious and fulfilling than you've previously experienced.

If you'd like to know how hypnosis can assist you in your life and with your specific issues, visit my website to sign up for a free 15-minute, no-obligation consultation. You have nothing to lose and everything to gain!

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